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The KABUL TIMES

Founded in 1962 Saratan 23-1405 Tuesday 14 July 2026 INo: 94 -Vol: LXIV DAILY

Kabul 33° Sunny | Kandahar 41° Sunny | Herat 37° Sunny | Jalalabad 39° Sunny | Mazar-e-Sharif 42° Sunny | Bamyan 23° Sunny

Hanafi Urges Doctors to Improve Healthcare

KABUL: Mawlavi Abdul Salam Hanafi, the Deputy Prime Minister for Administrative Affairs of the Islamic Emirate, has called on doctors to further improve their professional skills and provide better healthcare services to the public.

Speaking at the closing ceremony of a capacity-building seminar for healthcare services of the Ministry of Interior, Hanafi highlighted the important role of medical professionals in society and said doctors carry a significant responsibility in protecting public health, according to a statement from Arg on Monday.

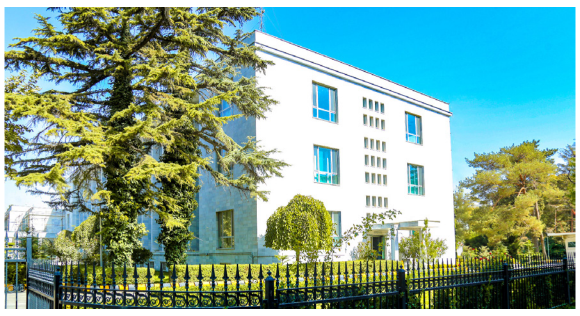
He stressed that continuous learning and professional development are essential for doctors to deliver effective and quality medical services.

Hanafi also emphasized the need for proper and respectful treatment of patients and their relatives, urging healthcare workers to maintain good conduct while performing their duties.

The Deputy Prime Minister assured that the government will continue to support and strengthen the health sector to improve healthcare delivery and enhance the capabilities of medical personnel.

The Kabul Times

Muttaqi, Iranian Official Discuss Consular Cooperation, Border Coordination



KABUL: Mawlavi Amir Khan Muttaqi, Minister of Foreign Affairs of the Islamic Emirate, in a meeting with Iran's Deputy Foreign Minister for Consular Affairs, Vahid Jalalzadeh, discussed strengthening bilateral relations, improving consular services for citizens, and enhancing border cooperation.

The ministry said in a statement on Monday that the two sides exchanged views on ways to make consular services more accessible, faster, and aligned with accepted standards for citizens of both countries.

Muttaqi described relations between Afghanistan and Iran as progressing, emphasising the need to streamline consular procedures further and improve services for the people. Meanwhile, Jalalzadeh highlighted the importance of continued consular coordination between the two countries, expressing hope that ongoing discussions with the Afghan side would contribute to better management of consular affairs and expand facilities for citizens of both nations. **The Kabul Times**

Suhail Shaheen Attends Funeral of Former Qatari Emir

DOHA: Mohammad Suhail Shaheen, Ambassador of the Islamic Emirate of Afghanistan to Qatar, and Hafiz Ehsanullah Anas, the embassy's military attaché, attended the funeral ceremony of Shaikh Hamad bin Khalifa Al Thani, the former Emir of Qatar, the embassy said in a statement on Monday.

Representing the Islamic Emirate, the two officials extended their heartfelt condolences and expressed deep sympathy to the government and people of Qatar over the passing of the country's former ruler, the statement said.

Their participation reflected the Islamic Emirate's solidarity with Qatar during the period of national mourning and reaffirmed the cordial relations between the two countries.

The Kabul Times

Returnees to Receive Over 50 Townships as Permanent Settlement, Fitrat Says

KABUL: Hamdullah Fitrat, Deputy Spokesman of the Islamic Emirate, said on Monday that the government has allocated 58 townships across the country for the permanent settlement of returning Afghans, with land distribution already underway in more than half of them.

Fitrat stated that the process of distributing residential plots is currently ongoing in 30 townships established for returning Afghans.

He added that a total of 59,133 residential plots have so far been distributed to eligible returnees as part of the government's efforts to facilitate their permanent resettlement and reintegration.

The initiative forms part of broader measures aimed at providing housing and supporting the growing number of Afghans returning to the country. **The Kabul Times**

Atiqullah Azizi Meets Artists to Prepare for Youm-ul-Fath Commemoration

KABUL: Mawlavi Atiqullah Azizi, Deputy Minister of Information and Culture for Culture and Arts, held a consultation meeting with calligraphers, miniature artists, painters, and other cultural figures to discuss their participation in activities marking 24 Asad (Youm-ul-Fath).

The meeting focused on the role of artists in commemorating the occasion through works of art that reflect the values and achievements associated with Youm-ul-Fath, promote national unity, strengthen Islamic and national culture, and convey the significance of the occasion to both domestic and international audiences, according to a statement from the ministry on Monday.

Addressing the participants, Azizi highlighted the importance of art as a means of expressing national identity and cultural values, saying the ministry seeks to encourage artists to contribute to the commemoration through creative works.

He announced that art exhibitions featuring calligraphy, paintings, miniatures, and other artworks will be organized at the Loya Jirga venue, across Kabul, and in several provinces to mark the occasion.

The deputy minister also encouraged artists to share their ideas See P4

Commission Approves Publication of Books Aligned with Islamic, Afghan Values

KABUL: The meeting of the Book Evaluation Commission was held on Monday with Mawlavi Muhajer Farahi, Deputy Minister for Publications Affairs, on the chair, approving the publication of a number of books that are aligned with Islamic and Afghan values.

According to a statement from the Ministry of Information and Culture, books that met the required standards and were consistent with Islamic and Afghan values received approval for printing and publication.

During the meeting, the commission also reviewed 49 titles comprising 527 volumes of various imported and locally published books.

In addition, 10 book titles referred to the commission were distributed See P4

Senior Iranian Diplomat Arrives in Kabul for Fifth Joint Consular Commission Meeting

KABUL: Vahid Jalalzadeh, Iran's Deputy Foreign Minister for Consular Affairs, arrived in Kabul on Monday to participate in the fifth meeting of the Afghan-Iran Joint Consular Commission.

Jalalzadeh's visit is aimed at advancing bilateral consular cooperation and discussing issues of mutual interest between the two neighboring countries, the Kabul-based Iranian Embassy said in a statement.

The statement added that the Iranian official is also scheduled to meet with senior officials of the Islamic Emirate during his stay in Kabul. The upcoming meetings are expected to focus on strengthening bilateral cooperation and enhancing coordination on consular affairs.

The Kabul Times

ANSA Rejects 25-Ton Substandard Construction Materials

KABUL: Afghanistan's National Standards Authority said in a statement on Monday that it has prevented the import of a 25.13-ton shipment of non-standard steel products through the Shaikh Abu Nasr Farahi border crossing and returned the consignment to the neighbouring country of Iran.

The shipment consisted of steel angles and channels that failed to comply with Afghanistan's national quality standards, the statement said.

"The decision has been made after the products underwent technical inspections and laboratory testing, which confirmed that they did not meet the country's required specifications," the statement said.

The authority reaffirmed its commitment to preventing the entry of substandard goods to protect consumers and ensure compliance with national quality regulations.

The Kabul Times

Health Ministry, UNICEF Assess Healthcare Services in Laghman

KABUL: A joint delegation from the country's Ministry of Public Health and UNICEF

has conducted monitoring visits to several hospitals and healthcare centers in Laghman Province to assess the quality of health services and identify existing challenges.

During the visits, hospital administrators and healthcare workers shared their concerns, operational challenges, priority needs, and recommendations with the delegation, the ministry said in a statement on Monday. The visiting team assured local health officials that the issues raised would be carefully reviewed and that necessary measures would be taken to improve healthcare delivery and address existing shortcomings, the statement added.

The visit is part of ongoing efforts to strengthen healthcare services and improve access to quality medical care across the province, the statement added.

The Kabul Times

Afghan, IOM Officials Discuss Disaster Management Cooperation

KABUL: Afghanistan's National Disaster Management Authority (ANDMA) and the International Organization for Migration (IOM) have discussed expanding volunteer-based disaster preparedness programs to strengthen emergency response across the country.

During a meeting with IOM's Risk Reduction Unit, ANDMA Director General Mullah Nooruddin Turabi emphasized the vital role volunteers play in disaster management and emergency response, the authority said in a statement on Monday.

He called on the organization to ensure that allocated funding is used effectively for recruiting, training, and equipping volunteers to enhance disaster preparedness.

The IOM representative said the organization plans to establish 90 volunteer committees in each of Kabul, Kandahar, and Balkh provinces and members of the committees will receive specialized training and the equipment needed to respond effectively during emergencies.

Both sides underscored the importance of strengthening community-based disaster response mechanisms to improve preparedness and reduce the impact of natural disasters across Afghanistan. **The Kabul Times**

Khalid Hanifi Urges Religious Scholars to Lead Society Through Guidance, Reform

KABUL: Shaikh Mohammad Khalid Hanafi, Minister for the Promotion of Virtue, Prevention of Vice and Hearing of Complaints of the Islamic Emirate, has called on religious scholars to play a leading role in guiding society and promoting moral reform.

Addressing a gathering of religious scholars and tribal elders of the Western Zone in Herat, Hanafi stressed that meaningful reform begins from the pulpit, describing it as a stronghold of preaching, guidance, and positive social change, according to RTA on Monday.

He said religious scholars bear a responsibility to use their influence to guide all segments of society toward righteousness and reform.

The minister further stated that the law on the Promotion of Virtue and Prevention of Vice is derived from the commands of Allah and the Sunnah of the Prophet Muhammad (PBUH), emphasizing that its implementation is not solely the responsibility of ministry inspectors but a religious obligation shared by every Muslim believer.

The Kabul Times

Fourteen Water Supply Projects Completed in Sar-e-Pul

SAR-E-PUL: Fourteen water supply networks worth 56 million Afghanis have been constructed in Sar-e-Pul province, providing safe drinking water for thousands of residents, the provincial Rural Rehabilitation Department said in a statement on Monday.

The projects have been implemented in the districts of Sancharak, Sozma Qala, and Gosfandi under the supervision of the provincial Directorate of Rural Rehabilitation and Development, the statement said.

Funded by UNICEF and ActionAid as part of ongoing efforts to improve access to basic services and enhance living conditions in rural areas, the statement added.

With the completion of the water supply networks, 3,500 families now have access to clean and safe drinking water, a development expected to improve public health and reduce water-related challenges in the targeted areas, the statement further said.

The Kabul Times

International-Daily

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Food for thought

Today's Generation Guarantees Our Bright Future

Tax Relief and Afghanistan's Economic Crossroads

In a ceremony that underscored the Islamic Emirate's focus on economic reform, Deputy Prime Minister for Administrative Affairs Abdul Salam Hanafi announced a sweeping package of tax relief measures across four critical sectors. The decision, framed as a directive from the Emirate's leadership, marks one of the most significant fiscal adjustments since the Islamic system return to power.

At the heart of the announcement is a sharp reduction in income tax for legal entities. With the exception of mining companies, businesses such as private hospitals and commercial firms will now face a 10 percent tax rate, half of what they previously paid. This move is designed to ease the financial strain on enterprises and encourage investment in a fragile economy still struggling to regain momentum.

The doubling of the annual tax exemption threshold for individual taxpayers is also important. By raising the limit from AFN 60,000 to AFN 120,000, the government has effectively removed thousands of low-income earners from the tax net. For ordinary citizens, this measure offers a modest but meaningful reprieve, especially at a time when inflation and unemployment continue to weigh heavily on Afghan households.

The relief package also addresses two areas central to daily life and commerce: property transfers and fuel imports. The property transfer tax has been cut from 1 percent to 0.5 percent, a step that could stimulate activity in the real estate market and make ownership more accessible. Meanwhile, the tax on oil and gas imports has been halved, from AFN 100 to AFN 50 per metric ton. Given Afghanistan's reliance on imported fuel, this reduction has the potential to lower costs across the economy, from transportation to household energy.

Officials describe these measures as part of a broader effort to support investment, stimulate growth, and improve the business environment. Since the Emirate's return, thirteen separate tax relief initiatives have been introduced, signaling a consistent policy direction. Yet the underlying message remains clear as taxes are not merely a burden but the lifeblood of the state, financing defense, security, intelligence, and the machinery of government.

The challenge now lies in balancing relief with responsibility. While the government has eased obligations, it has also urged taxpayers to uphold transparency and avoid evasion. The success of these reforms depends not only on the generosity of the state but on the willingness of citizens and businesses to comply faithfully.

Afghanistan stands at a crossroads. Tax relief may provide breathing space for its economy, but sustainable growth will require more than fiscal adjustments. It will demand stability, trust between government and private sector, and a vision that extends beyond immediate relief toward long-term prosperity.

Massive U.S. Airstrikes & Iranian Retaliation Ignite the Middle East

By: Romal Sayedi

The fragile diplomatic scaffolding holding the Middle East back from total war shattered early Monday morning. In a significant escalation of the regional crisis, the United States launched a massive, coordinated aerial campaign deep into Iranian territory. Tehran responded almost immediately, sending swarms of drones and ballistic missiles toward neighboring Gulf states hosting American military personnel. This intense kinetic exchange marks the most severe flashpoint since hostilities erupted earlier this year, threatening to completely derail international efforts to secure a lasting ceasefire.

The American military operation was triggered by Iran's recent attack on a commercial container ship navigating the strategic Strait of Hormuz. Viewing the assault as an unacceptable threat to international commerce, Washington responded with overwhelming force. According to a detailed briefing from U.S. Central Command (CENTCOM), American warplanes and assets targeted roughly 140 distinct sites across Iran. The operation systematically hit military infrastructure vital to Tehran's regional projection, including missile and drone launch pads, buried ammunition depots, command-and-control communications facilities, and auxiliary military installations.

In a public statement released shortly after the dust settled, CENTCOM struck an unyielding tone regarding the strategic waterway, asserting that the Strait of Hormuz remains a vital global corridor that Iran does not control. The command emphasized that U.S. forces are fully prepared to maintain freedom of navigation against what it characterized as continuous harassment and arbitrary declarations by Tehran.

Politically, the operation received full backing from Washington. President Donald Trump, speaking during an interview on NBC's Meet the Press, defended the scale of the operation with characteristic bluntness, stating simply, "We bombed the hell out of them last night." Meanwhile, Iranian state media confirmed that thunderous explosions rocked multiple locations across the country, reporting at least one initial casualty from the bombardment.

The Iranian response was swift and geographically expansive. The Islamic Revolutionary Guard Corps (IRGC) quickly confirmed it had initiated retaliatory operations, unleashing a wave of missiles and drones aimed at American military footprints scattered across the Arabian Peninsula. The counter-strike triggered air defense networks across the region, sending military installations into high alert. Air raid sirens wailed through Bahrain, the strategic home base of the U.S. Navy's Fifth Fleet. In Kuwait, defense forces scrambled to intercept incoming projectiles, later reporting that their systems successfully neutralized the threats before they could cause casualties or severe infrastructure damage.

Significantly, Iran's retaliation did not spare nations actively working to de-escalate the crisis. Projectiles were directed at Qatar—a critical diplomatic mediator throughout the conflict—as well as the United Arab Emirates. The Emirati military confirmed that its integrated air defense shields successfully intercepted and destroyed all incoming Iranian drones and missiles before they could impact populated areas.

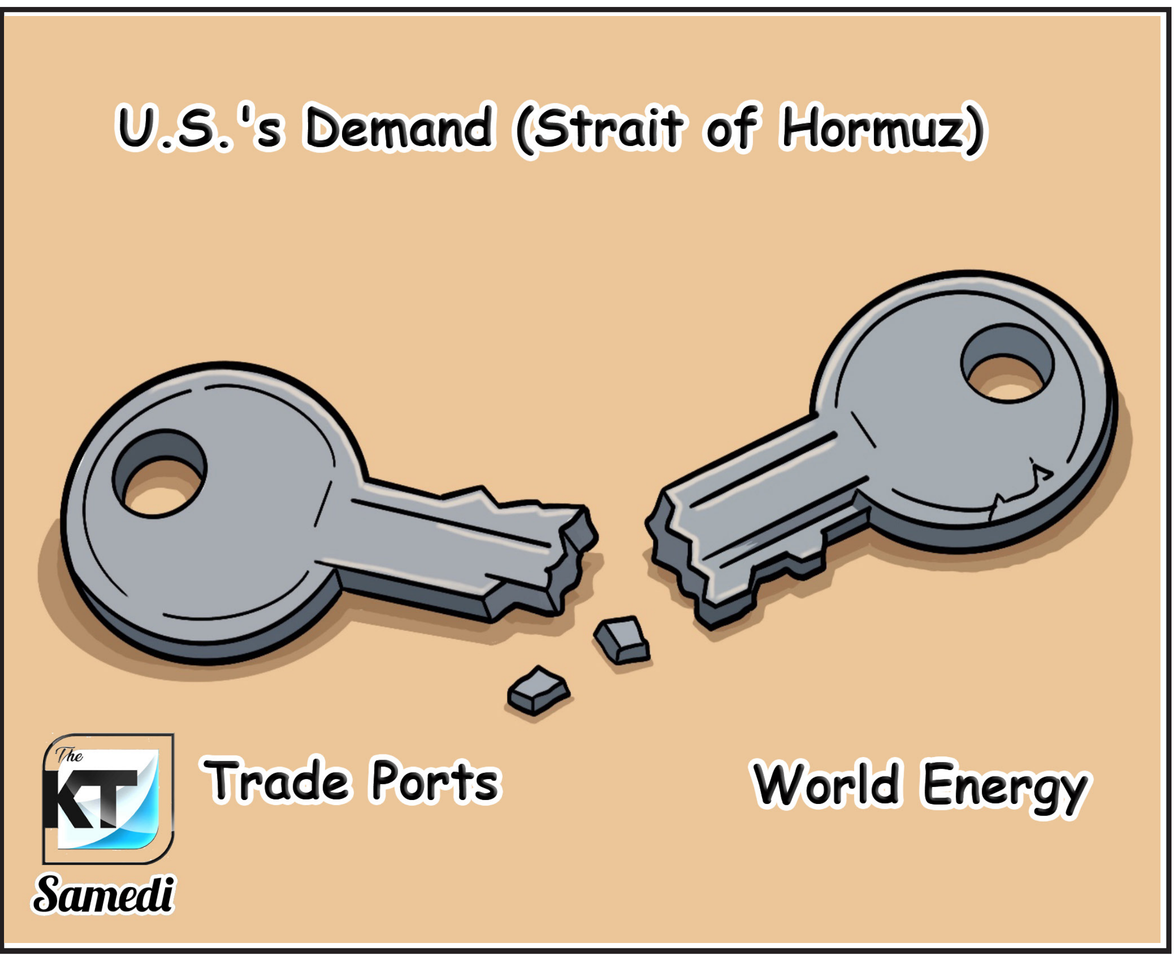
At the absolute center of this geopolitical explosion is the Strait of Hormuz, a narrow maritime choke-point through which a massive percentage of the globe's oil and liquefied natural gas passes. The waterway has transformed from a trade route into the primary bargaining chip and battlefield between Washington and Tehran.

Iran has increasingly asserted sovereign authority over the strait, threatening to levy transit fees on international vessels. Washington and its allies view this as an illegal violation of maritime law. Highlighting Iran's defiant stance, Parliament Speaker Mohammad Bagher Qalibaf took to social media, declaring that the era of one-sided deals had concluded and warning adversaries to keep their word or pay the price.

While Iran has explicitly declared the strait closed, U.S. officials maintain that commercial shipping remains viable. Under the protective umbrella of American naval escorts, commercial vessels are being routed through alternative lanes hugging the Omani coastline. Though these hostilities have sent shockwaves through global energy and shipping markets, crude prices have notably receded from their initial wartime highs.

This dangerous military spike occurs at a highly delicate political moment. Internationally backed mediators from Pakistan, Qatar, and Egypt are working around the clock to salvage a fragile 60-day interim agreement designed to act as a bridge to a permanent ceasefire. UN Secretary-General António Guterres issued a stark warning, noting that a return to full-scale, uninhibited hostilities would bring catastrophic consequences for the entire global community.

Adding a volatile new variable to the equation is Iran's domestic political transition. The strikes coincided with the first public address by Iran's new Supreme Leader, Ayatollah Mojtaba Khamenei, who recently succeeded his late father. Vowing that Tehran would avenge the killing of Ayatollah Ali Khamenei, the new leader pledged uncompromised resistance against foreign aggression—a signal that despite heavy structural damage, Iran has no intention of backing down.



The KABUL TIMES DAILY

From Pages to Progress: The Role of Effective Reading in Building a Knowledgeable Society

By: S. Naser Watandost

Reading has long been recognized as one of humanity's greatest tools for intellectual growth, personal development, and social progress. Throughout history, books have preserved civilizations, inspired revolutions, expanded scientific knowledge, and shaped the minds of generations. A book is more than printed pages; it is a silent companion that shares knowledge without prejudice, encourages reflection without judgment, and offers wisdom that can last a lifetime. In every successful society, the culture of reading has played a decisive role in advancing education, innovation, and prosperity.

Yet reading alone is not enough. The true value of study depends not only on the number of books a person reads but also on the quality, purpose, and methods of reading. Effective study requires discipline, concentration, and practical habits that transform information into lasting knowledge. By following proven reading practices, individuals can improve comprehension, strengthen memory, increase productivity, and develop the critical thinking skills needed for academic, professional, and personal success.

One of the most important foundations of productive study is organization. Order and discipline are essential to every meaningful achievement, and reading is no exception. A well-organized study environment helps the mind remain focused and free from unnecessary distractions. A quiet, tidy room with only essential study materials allows readers to concentrate more effectively and absorb information more efficiently. In contrast, cluttered surroundings and constant interruptions scatter attention, reduce motivation, and make learning unnecessarily difficult. When reading becomes frustrating, many people gradually lose interest in books altogether.

The environment in which one studies plays a significant role in learning outcomes. Ideally, reading should take place in a calm location away from excessive noise, frequent movement, or visual distractions. Walls covered with unnecessary decorations or rooms filled with unrelated objects can unconsciously divert attention from the text. Creating a peaceful study space signals the brain that it is time to focus, making it easier to remain engaged for longer periods.

Proper lighting and fresh air are equally important. Reading in poor lighting strains the eyes and reduces comprehension, while a well-lit room allows readers to concentrate comfortably for extended periods. Fresh air improves oxygen flow to the brain, enhancing alertness, mental clarity, and cognitive performance. These seemingly simple factors can significantly improve both the quality and efficiency of the study.

Physical posture also influences learning. Experts generally recommend sitting upright at a desk or table rather than reading while lying down. Maintaining an upright posture helps to keep alertness, reduce fatigue, and promote sustained concentration. Reading in bed, by contrast, often leads to drowsiness, decreased focus, and lower retention of information. Similarly, maintaining an appropriate distance—roughly 30 to 40 centimeters—between the eyes and the book reduces eye strain while allowing the reader to process text more comfortably.

Equally important is the mental and emotional condition of the reader. A calm mind and a peaceful state of mind greatly improve the ability to understand and remember new information. Anxiety, anger, stress, or emotional distress can interfere with concentration and prevent readers from fully grasping the meaning of what they study. Islamic teachings also recognize the importance of emotional balance in decision-making. The Prophet Mohammad (Peace Be Upon Him) advised against making judgments while angry, emphasizing that intense emotions impair sound reasoning. The same principle applies to study: learning is most effective when the mind is calm, rested, and receptive.

Good physical and mental health provides another essential foundation for successful reading. The well-known Arabic saying, "A sound mind resides in a sound body," reflects a timeless truth. Regular exercise not only strengthens the body but also improves blood circulation to the brain, enhances memory, reduces stress, and increases concentration. Physical activity has repeatedly been shown to improve cognitive performance, making it a valuable companion to academic study.

See P4

The Power of Consultation in Building Strong and United Communities

By: Azar Rasikh

Every society that transforms differences of opinion into opportunities for understanding and cooperation lays a firm foundation for lasting peace, stability, and progress.

Diversity of thought is a natural characteristic of humanity. Every individual perceives the world through a unique perspective shaped by experience, knowledge, culture, and personal reflection.

Differences, therefore, are not a weakness to be feared but a reality to be embraced. The true measure of a mature society lies not in eliminating differences but in building bridges of consultation that unite hearts, harmonize ideas, and guide communities toward common goals.

The image of a completed puzzle offers a profound lesson. Each piece possesses its own color, shape, and position, yet none can reveal the complete picture in isolation. Only when every piece is connected with the others does the full image emerge.

Human societies function in much the same way. Individuals differ in knowledge, skills, experience, and perspectives, but through sincere consultation, these differences become sources of wisdom rather than division. Consultation transforms diversity into strength and individual insight into collective success.

Throughout history, nations that cultivated dialogue and mutual consultation have been better equipped to overcome crises, strengthen institutions, and achieve sustainable development. Conversely, societies that allowed division, arrogance, or exclusion to dominate public affairs often found themselves weakened by internal conflict and mistrust.

Genuine consultation encourages people to listen before judging, to understand before disagreeing, and to seek solutions that serve the broader public interest rather than narrow personal ambitions.

In Islamic teachings, consultation (Shura) occupies a distinguished position. It is not merely a social practice but a fundamental principle of sound governance and responsible leadership. The Holy Qur'an praises believers who conduct their affairs through mutual consultation, emphasizing cooperation, wisdom, and collective responsibility. Allah says: "...and whose affairs are conducted by mutual consultation among themselves..." (Qur'an 42:38)

Likewise, Allah commanded the Prophet Mohammad (Peace Be Upon Him): "...and consult them in matters. Then when you have made a decision, place your trust in Allah." (Qur'an 3:159)

These verses illustrate that consultation is not a sign of weakness or uncertainty. Rather, it reflects humility, wisdom, accountability, and confidence in collective reasoning.

Even the Prophet Mohammad (peace be upon him), despite receiving divine revelation, regularly consulted his companions on matters concerning the welfare of the Muslim community. His example established consultation as a lasting principle of Islamic leadership and community building.

Consultation creates an environment where ideas are tested through dialogue rather than imposed through authority. It encourages openness, mutual respect, and shared ownership of decisions.

When leaders seek advice sincerely, and communities participate responsibly, decisions become more balanced, practical, and widely accepted. Such an approach strengthens trust between leaders and citizens while reducing misunderstanding and social polarization.

The absence of consultation, however, often produces the opposite outcome. When individuals insist that only their opinions matter, arrogance replaces humility, suspicion replaces trust, and division replaces unity. Societies that neglect consultation frequently become vulnerable to authoritarian decision-making, social fragmentation, and declining public confidence. Without meaningful dialogue, even well-intentioned policies may fail because they lack the benefit of diverse perspectives and collective wisdom.

Disagreement itself is not inherently harmful.

In fact, respectful differences of opinion have historically contributed to intellectual development, scientific advancement, and jurisprudential richness within Islamic civilization. The great scholars of Islam often differed on legal and scholarly matters while maintaining profound respect for one another.

Their disagreements were guided by sincere efforts to discover the truth rather than by personal rivalry or prejudice. Such examples demonstrate that diversity of opinion, when accompanied by consultation and mutual respect, enriches rather than weakens society.

Today's Muslim world faces numerous political, economic, educational, and social challenges.

See P4

Protecting Children from Diabetes Through Healthy Habits

By: Dr. Bushra Parnian

Diabetes is one of the most common non-communicable diseases affecting children and adolescents worldwide. Although it cannot spread from one person to another, it can have a lasting impact on a child's health and quality of life. Over the past few decades, the number of young people living with diabetes has continued to rise, making it an important public health concern.

While some forms of diabetes cannot yet be prevented, many healthy lifestyle choices can reduce the risk of developing others.

By understanding the condition and encouraging positive habits from an early age, families and communities can help children grow into healthier adults.

There are two main types of diabetes that affect children and adolescents: Type 1 diabetes and Type 2 diabetes. Although both conditions involve problems with blood sugar regulation, they develop in different ways and require different approaches to treatment and prevention.

Type 1 diabetes is an autoimmune disease in which the body's immune system mistakenly attacks the insulin-producing cells in the pancreas.

Insulin is a hormone that helps glucose move from the bloodstream into the body's cells, where it is used for energy. When the pancreas can no longer produce enough insulin, blood sugar levels rise, making insulin therapy essential for survival.

At present, there is no known way to prevent Type 1 diabetes, and researchers continue to study why it develops.

A diagnosis of Type 1 diabetes changes many aspects of daily life, but it does not prevent children from enjoying childhood or achieving their goals. They can attend school, play sports, travel, and participate in social activities just like their peers. Successful management depends on regular blood sugar monitoring, insulin treatment, balanced nutrition, physical activity, routine medical care, and the encouragement of family members, teachers, and healthcare professionals.

Emotional support is equally important because adjusting to a lifelong condition can sometimes be overwhelming for both children and their families.

Type 2 diabetes is different because the body still produces insulin, but it cannot use it effectively. This condition, known as insulin resistance, causes blood sugar levels to increase over time. Unlike Type 1 diabetes, Type 2 diabetes is strongly influenced by a combination of genetic, environmental, and lifestyle factors. In many cases, it can be delayed or prevented through healthy daily habits.

One of the biggest risk factors for Type 2 diabetes is being overweight or obese. Diets that are high in sugary drinks, processed foods, refined carbohydrates, and unhealthy fats contribute to excessive weight gain and reduce the body's ability to use insulin properly. Physical inactivity also plays a major role.

Many children today spend hours each day using electronic devices instead of being physically active.

While technology offers many benefits, spending too much time sitting and too little time moving increases the risk of developing several chronic diseases, including Type 2 diabetes.

Creating healthy habits during childhood is one of the most effective ways to protect children from diabetes and many other health problems.

A balanced diet should include plenty of fruits, vegetables, whole grains, lean proteins, dairy products, and healthy fats.

Drinking water instead of sugary beverages is another simple but powerful habit that can significantly reduce unnecessary sugar intake. Healthy eating should never feel like a punishment. Instead, children should be encouraged to explore different nutritious foods in a positive and enjoyable environment.

Parents have a particularly important influence on their children's eating habits. Children often learn by watching the adults around them, so parents who choose nutritious meals and maintain healthy lifestyles naturally become positive role models.

According to UNICEF, encouraging children to participate in meal preparation, offering a variety of healthy foods, creating enjoyable family mealtimes, and avoiding pressure or punishment around eating can help children develop a lifelong appreciation for nutritious food. These simple practices make healthy eating feel natural rather than restrictive.

Physical activity is just as important as healthy nutrition. Children should be encouraged to stay active every day through activities they enjoy, whether it is playing football, cycling, dancing, swimming, walking, or simply spending time outdoors with friends.

Regular exercise helps maintain a healthy weight, strengthens the heart and muscles, improves mental well-being, and increases the body's ability to use insulin effectively. Even small changes, such as walking to school when possible or choosing outdoor games instead of additional screen time, can have meaningful health benefits.

Schools also play an essential role in promoting healthier lifestyles. Nutrition education, regular physical education classes, healthy school meals, and opportunities for active play all contribute to children's overall well-being. When schools, families, and healthcare professionals work together, children receive consistent messages about the importance of making healthy choices throughout their lives.

Children living with diabetes deserve understanding, respect, and equal opportunities. Some may need to check their blood sugar levels or take insulin during the school day, but these responsibilities should never prevent them from participating fully in education, sports, or social activities. Supportive teachers, informed classmates, and compassionate communities can help reduce stigma and ensure that children feel confident rather than different because of their condition.

Healthcare providers are equally important in both prevention and management. Regular medical checkups can identify children who may be at higher risk of developing Type 2 diabetes and provide families with guidance before serious complications occur.

For children already diagnosed with diabetes, continuous access to medical care, medications, education, and monitoring supplies is essential for maintaining good health and preventing long-term complications. Public health efforts also contribute to reducing the burden of diabetes.

Governments, healthcare organizations, and community leaders can promote healthier environments by supporting nutrition education, encouraging physical activity, improving access to healthy foods, and raising public awareness about diabetes prevention.

These efforts benefit not only children but entire communities by reducing the impact of chronic diseases.Diabetes is a serious health condition, but it does not have to define a child's future. While Type 1 diabetes currently cannot be prevented, proper treatment, education, and emotional support allow children to live active and fulfilling lives. At the same time, many cases of Type 2 diabetes can be delayed or prevented through balanced nutrition, regular physical activity, healthy body weight, and positive daily habits. Every healthy choice made during childhood lays the foundation for better health in adulthood, making early prevention one of the most valuable investments for future generations.

The Kabul Times DAILY
Saratan 23-1405 Tuesday 14 July 2026 INo: 94-Vol: LXIV

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SPORTS

Spin Ghar Defeat Band-e-Amir by 24 Runs in Shpageeza Cricket League

Shpageeza CRICKET LEAGUE

Spin Ghar claimed an impressive 24-run victory over Band-e-Amir in the 17th match of the Shpageeza Cricket League after producing a strong all-round performance.

Batting first, Spin Ghar posted a challenging total of 210 runs, setting Band-e-Amir a demanding target.

The innings was anchored by Bahir Shah Mahboob, who played a brilliant knock of 56 runs, while Noor-ul-Rahman provided valuable support with 48 runs. Their contributions helped the team build a competitive total and put pressure on the opposition from the outset.

In reply, Band-e-Amir fought hard throughout their innings but fell short of the target despite batting the full 20 overs. Their batters managed to score 185 runs, leaving them 24 runs behind Spin Ghar's total.

Spin Ghar's disciplined bowling and effective fielding ensured they maintained control of the contest, preventing Band-e-Amir from building the momentum needed during the chase.

The victory adds another important win to Spin Ghar's campaign as the tournament continues to gather pace.

Bahir Shah Mahboob's match-leading half-century and Noor-ul-Rahman's valuable contribution with the bat proved decisive, laying the foundation for Spin Ghar's success.

The convincing win highlights the team's balanced performance and strengthens its position in the ongoing Shpageeza Cricket League.

The Kabul Times

France, Spain, England & Argentina Set for Blockbuster World Cup Semi-Finals

The 2026 FIFA World Cup has reached its most exciting stage, with France, Spain, England and Argentina securing places in the semi-finals after a month of thrilling football across the United States, Canada and Mexico.

France have emerged as one of the tournament's strongest teams, combining a solid defense with a dynamic attack led by captain Kylian Mbappe. Didier Deschamps' side has conceded just two goals in six matches while consistently creating scoring opportunities through stars such as Ousmane Dembele, Michael Olise, Bradley Barcola and Desire Doue. They now face European champions Spain in what many expect to be the standout match of the tournament.

Spain have impressed with disciplined defending and fluent attacking football. After keeping six consecutive clean sheets, La Roja conceded their first goal in the quarter-finals against Belgium. Teenage sensation Lamine Yamal has continued to shine, while Mikel Merino's late goals have played a crucial role in Spain's journey to the last four.

In the other semi-final, England will take on defending champions Argentina in a renewal of one of football's fiercest rivalries. Under Thomas Tuchel, England have shown determination in overcoming tough knockout matches, with Jude Bellingham, Harry Kane and Bukayo Saka leading the challenge.

Argentina, meanwhile, remain in contention to defend their title. Inspired by Lionel Messi, the South American champions have overcome several difficult tests, including an extra-time victory over Switzerland in the quarter-finals. With eight World Cup titles shared among the remaining teams, the semi-finals promise two high-quality contests as the race to lift football's most coveted trophy enters its final chapter.

The Kabul Times

Afghanistan Set to Launch First-Ever Wrestling Premier League

The countdown has begun for the first-ever Afghanistan Wrestling Premier League (AWPL), with just seven days left until the country's newest national wrestling competition officially begins in Kabul.

The inaugural tournament is scheduled to take place from July 20 to July 29 at the AGDPES Gymnasium in Kabul. The matches will be held every day from 6:00 pm to 9:00 pm, bringing together some of Afghanistan's best wrestling talent.

Around 350 wrestlers from across the country are expected to participate in the competition, representing 10 regional teams and competing in 10 different weight categories. Organisers say the event will be among the largest wrestling tournaments ever hosted in Afghanistan.

The championship was initially planned for June 1 to June 10 but was postponed to allow more time for preparations and to ensure better facilities and arrangements for athletes, teams and officials.

Wrestling has long been one of Afghanistan's most popular traditional sports, with a strong following among communities across the country.

Sports officials believe the launch of the AWPL will create a more organised platform for wrestlers and help promote the growth of the sport at national level. The organisers hope the league will provide young athletes with greater opportunities, increase competition among wrestlers and play an important role in developing Afghanistan's wrestling future.

The Kabul Times

MoIC Committed to Support Tourism Companies, Mawlavi Jamal

KABUL: Mawlavi Qudratullah Jamal, Deputy Minister for Finance, Administration and Tourism, said that the ministry is committed to supporting tourism companies as part of its efforts to strengthen Afghanistan's tourism sector and improve services for visitors.

The commitment was made during a meeting with representatives of tourism companies from Kabul and several other provinces, the ministry said in a statement on Monday. During the meeting, company representatives presented their proposals and recommendations on various operational issues affecting the tourism industry, the statement said.

Jamal assured participants that the ministry would carefully review the proposals and take the necessary steps to address them in accordance with existing regulations.

He also stressed that all tourism companies must maintain registered offices and clearly identifiable business addresses to ensure they can provide reliable services to tourists. Companies operating without official offices, he warned, would face legal action.

The deputy minister further emphasised the need to improve order and regulation in

the tourism sector, particularly among online tourism companies, saying that stronger oversight would contribute to better services and increased visitor confidence.

The Kabul Times

Atiqullah Azizi Meets Artists...

From P1

and proposals for strengthening the cultural programs and urged them to avoid ethnic, linguistic, and regional prejudices, emphasizing that such divisions have no place in Islam.

Meanwhile, Mawlavi Mohammad Lal Munib, Director of the Directorate of Fine Arts, reaffirmed the Islamic Emirate's support for the growth and promotion of the arts, saying artists have an important role in preserving the country's cultural heritage and contributing to national events.

At the conclusion of the meeting, participating artists presented their recommendations and pledged full cooperation in organizing the Youm-ul-Fath cultural programs. **The Kabul Times**

Commission Approves ...

From P1

among members for further assessment, with reports expected to be presented at the next meeting.The commission also reached a decision regarding imported copies of the Holy Quran associated with Saadat Publications, the statement said. **The Kabul Times**

From Pages to Progress: The Role of...

From P3

At the same time, avoiding harmful substances is essential for preserving mental capacity. Narcotics, alcohol, and other addictive substances damage memory, weaken concentration, and impair judgment. Even habits that may appear relatively harmless, such as excessive tobacco use, can negatively affect cognitive performance over time. The human intellect is among God's greatest gifts, distinguishing humanity through reason, creativity, and moral responsibility. Protecting that gift requires healthy choices that preserve both body and mind.

Reading with a clear purpose dramatically increases the value of every book. Before opening a text, readers should understand why they are reading it.

Are they seeking knowledge, solving a problem, conducting research, preparing for an examination, or developing a new skill? Having a defined objective helps organize information, improves long-term retention, and enables readers to apply what they have learned more effectively. Knowledge gained without purpose is often forgotten, while purposeful learning becomes practical wisdom.

Taking notes is another highly effective learning strategy. Not every sentence in a book carries equal importance, so readers should identify key ideas, important arguments, and memorable quotations. Writing brief notes, highlighting essential passages, or recording page references allows information to be reviewed quickly in the future. Summarizing concepts in one's own words also deepens understanding and strengthens memory. As educators have long observed, detailed explanations help learners understand ideas, while concise summaries make those ideas easier to remember.

Many readers also seek ways to improve their reading speed without sacrificing comprehension. Speed reading is not simply about moving one's eyes faster across a page; it is about training the brain to recognize ideas rather than individual words.

One common obstacle is reading every letter or silently pronouncing every word. Skilled readers naturally process groups of words and entire ideas, allowing them to absorb information more rapidly. The human brain is remarkably efficient at understanding meaning without consciously analyzing each individual letter.

Another habit that slows reading is unnecessary rereading. Some readers repeatedly return to previous sentences because they read without full concentration.

Over time, this becomes a habit that significantly reduces reading efficiency. Developing a stronger focus during the initial reading often eliminates the need for repeated review, except when studying particularly complex or technical material.

Similarly, reading aloud is often less efficient than silent reading for most academic purposes. While reading aloud may benefit language learners or young children, silent reading generally allows the brain to process meaning more quickly and maintain stronger concentration. Understanding ideas—not expressing every word—is the ultimate goal of effective reading.

Visual focus also influences reading speed. Readers who train themselves to see groups of words rather than isolated words can gradually increase their reading efficiency. Sitting correctly, maintaining proper eye distance, and practicing broader visual recognition help the eyes capture more information with each movement. With regular practice, readers can improve both speed and comprehension simultaneously.

Perhaps the most important element in successful reading, however, cannot be taught through technique alone: genuine curiosity. A sincere love of books naturally encourages consistency, patience, and lifelong learning. People who enjoy reading rarely see it as a burden. Instead, every new book becomes an opportunity to discover fresh ideas, broaden perspectives, and deepen understanding of the world.

For Afghanistan, cultivating a stronger culture of reading carries profound national significance. Education remains one of the country's greatest resources for overcoming poverty, strengthening institutions, expanding economic opportunities, and empowering future generations. A society that values books produces better teachers, more skilled professionals, stronger entrepreneurs, thoughtful leaders, and informed citizens. Reading also encourages tolerance, critical thinking, innovation, and responsible decision-making—qualities essential for long-term stability and sustainable development.

The benefits extend beyond individuals. A population committed to learning is better equipped to improve agricultural productivity, adopt modern technologies, expand businesses, strengthen healthcare, promote scientific research, and participate more effectively in the global economy.

Increased literacy and a vibrant reading culture can contribute to job creation, social cohesion, and national resilience while reducing ignorance, extremism, and misinformation.

Ultimately, the true measure of reading is not the number of books completed but the wisdom gained and the positive changes inspired by that knowledge.

Every page read with purpose becomes an investment in personal growth, every idea understood strengthens the mind, and every lesson applied contributes to a better society. By embracing disciplined study habits, maintaining intellectual curiosity, and nurturing a lifelong love of books, individuals not only enrich their own lives but also help build stronger families, more prosperous communities, and a brighter future for Afghanistan.

The Power of Consultation in Building...

From P3

Many of these problems cannot be solved through isolated efforts or individual ambitions. They require cooperation, dialogue, and a shared sense of responsibility. Consultation offers a practical framework through which communities can build consensus, reduce conflict, and work collectively toward common objectives. It reminds us that lasting solutions emerge when people place the welfare of the community above personal interests.

Young people have a particularly important role in cultivating a culture of consultation. As future leaders, professionals, educators, entrepreneurs, and community builders, they must learn to value respectful dialogue, critical thinking, and constructive engagement. Rather than allowing social media polarization, misinformation, or emotional reactions to shape public discourse, young generations should embrace reasoned discussion, careful listening, and evidence-based decision-making. These qualities strengthen both democratic participation and responsible citizenship while reflecting the ethical values encouraged in Islam.

Families also serve as the first schools of consultation. Children who grow up in homes where parents listen to one another, encourage discussion, and respect differing opinions are more likely to become adults who value cooperation over confrontation. Schools, universities, religious institutions, and community organizations likewise bear responsibility for nurturing these virtues by encouraging teamwork, open dialogue, and mutual respect.At the national level, consultation contributes to stronger institutions, better governance, and greater public confidence. Policies shaped through broad consultation are generally more inclusive, better informed, and more responsive to the needs of society. They are also more likely to enjoy public support because people feel their voices have been heard and their concerns respected. In this sense, consultation is not only a moral value but also an effective instrument for achieving stability, justice, and sustainable development. Ultimately, consultation is far more than an exchange of opinions; it is the foundation upon which unity, trust, and collective progress are built. It transforms differences into opportunities, strengthens social cohesion, and enables communities to navigate challenges with wisdom and resilience. Like the interlocking pieces of a puzzle, every member of society contributes something valuable to the whole. No single perspective can complete the picture alone.

As the Muslim Ummah confronts the complexities of the modern world, reviving the spirit of sincere consultation remains one of the most effective paths toward unity and renewal. By replacing hostility with dialogue, prejudice with understanding, and individualism with shared responsibility, Muslim societies can strengthen their institutions, deepen their solidarity, and build a future founded upon justice, compassion, and mutual respect.Consultation is the light through which diverse minds illuminate a common path, allowing the sun of unity, justice, and lasting success to rise over nations and communities alike.